



Diabetes Awareness

Over time, complications from diabetes can cause serious health problems, such as heart disease, vision loss and kidney disease. There isn't a cure yet, but healthy lifestyle habits, taking medicine as needed, getting diabetes self-management education, and keeping appointments with your health care team can greatly reduce its impact on your life. Talk to your Employee Assistance Program for help.

Here when you need us.

Call: **877-527-4742**

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: **State of Delaware**